

## Recipes

### Maple 'n' Walnut Spread

(Makes enough spread for about 25 people.)

- 8-oz. package of cream cheese, softened
- 1/2 cup chopped *dates*
- 1 1/2 cups nondairy whipped topping
- 1/4 cup *maple syrup*
- 1 cup finely chopped apple
- enough bagel halves for everyone in your group
- 1 cup chopped walnuts

Combine cream cheese, whipped topping, and syrup in a large bowl. Add apple, walnuts, and dates. Stir until well mixed. Spread onto bagel halves and serve.

### Guacamole

(Makes about 2 1/2 cups.)

- 1/4 cup sour cream
- 2 soft, ripe *avocados*
- 1/2 teaspoon *chili powder*
- 2 tablespoons *lemon juice*
- dash *paprika* and *black pepper*
- 2 small *tomatoes*, chopped
- 1/4 cup *black olives*, chopped (optional)
- 2 cloves *garlic*, minced
- 1 teaspoon salt
- corn chips*

Mash the avocados in a small bowl. Thoroughly mix in the lemon juice. Chop the tomato and add it to the mixture. Blend in the garlic, salt, sour cream, black pepper, and chili powder. Sprinkle with paprika and serve with corn chips.

### Hummus

(Makes about 4 cups.)

- 3 cups cooked *chick peas* (also called garbanzo beans)
- 1/2 to 3/4 cup *tahini* (*sesame seed paste*)
- 3 cloves *garlic*, minced
- 1 teaspoon salt
- black pepper* to taste
- 3 tablespoons *tamari* (*soy sauce*)
- cayenne pepper* to taste
- 1/4 cup *lemon juice*

Put all ingredients in a food processor or blender on a high setting and mix until ingredients are smooth and well blended. Serve with pita (pocket) bread.

### Tree Treats

(Makes three to four dozen treats.)

- 1 cup dried *apricots*
- 1/2 teaspoon ground *cloves*
- 1 cup dried *figs*
- 1 teaspoon *cinnamon*
- 1 cup dried, pitted *prunes*
- 1 small package shredded *coconut*
- 2/3 cup *almonds*

Grind the apricots, figs, prunes, and almonds in a food grinder or processor. Stir in the spices. Mold the mixture into little balls and then roll the balls in the shredded coconut.

### Sunflower Seed Cakes

(Adapted from an Iroquois recipe from about the time of the first Thanksgiving.)

- 2 cups shelled raw *sunflower seeds*
- 6 tablespoons *cornmeal*
- 1 1/4 cups water
- vegetable oil* or butter for frying
- 3/4 teaspoon salt

Put the sunflower seeds and water into a large pot. Bring the mixture to a boil and then simmer for an hour, stirring occasionally. Remove from heat and blend in the cornmeal, one tablespoon at a time. This will make a stiff, sticky dough. Add salt and pat into 3-inch by 1/2-inch cakes. Heat the oil or butter in a frying pan until hot. (If you don't have access to a stove at school, an electric frying pan can be used.) Add the cakes and brown on either side. Drain on paper towels, and serve with berry jam or cranberry sauce. (You could also make the batter the night before and refrigerate it until frying it the next day at school.)

